





June 2006

Available Now...

Tomatoes

High-quality tomatoes should have bright, shiny skins and firm flesh. Avoid tomatoes that are soft or mushy, are lacking in color, or have blemishes or growth cracks.

Tomatoes are saturated fat free, high in vitamins A and C, very low in sodium and a good source of potassium.

Look for fresh Colorado tomatoes at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Colorado Caprese Salad

Chef Bob Holloway, CEC, Eggland's Best Eggs, Platteville, Colorado

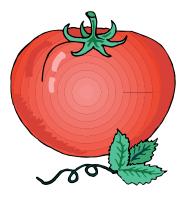
Yield: 2-4 servings

- 2 Large Colorado tomatoes, sliced 1/4"-1/2" thick and cut in half
- 1 Fresh Mozzarella cheese ball sliced 1/4" thick and cut into quarters
- 6 Large black olives, quartered
- 1/4 cup Artichoke hearts, drained and quartered
- 2 tbsp. Colorado Red Onion, sliced thin or minced
- 2 tbsp. Roasted red pepper, chopped
- 2 tbsp. Extra Virgin Olive Oil
- Sea Salt and coarse Black Pepper to taste

Combine all ingredients and marinate for at least 15 minutes before serving. Eat alone, with bread, or atop Colorado Baby Lettuces.

Can be made a day ahead of time but allow to come to room temperature to ensure the fullest flavor when serving (15 - 20 minutes).

Enjoy with a Colorado wine, such as a glass of S2, a Semillon/Sauvignon Blanc blend, from Garfield Estates Vineyard & Winery located in Palisade, Colorado.



Next Month... National Bison Month